

Abstract

Title: To compare training systems of two Sport Grammar Schools with cross country specialization.

Objectives: This piece of work will compare training systems of two training groups aimed on cross country skiing based on Grammar Schools in Jilemnice and Jablonec nad Nisou. It will also justify which of two training systems is more successful in education of future professional cross country skiers.

Methods:The dissertation is designed as a case study analysing training systems of two Sport grammar schools in Jablonec and Jilemnice and comparison with suggested methodology of cross country skiing stated by Ilavsky (2005). For the most accurate conclusions are compared chosen aspects in training diaries of cross country skiers within 4 following seasons. This enable to track a development of athletes and analyse which of those training techniques have the most significant impact on their performance. From theory of experts and sports methodology should be included volume of work-load per hour, the amount of training units carried out in specialized conditions (ski, rolled ski, imitation) and the percentage amount of training in the highest 3rd intensity. Further analyse of the training indicators confirm the assumed hypothesis.

Conclusions:There is created table and graph showing race results and training statistics of three athletes from each of two training groups from four racing seasons between years 2010 and 2014. Based on statistics were processed training data and race results and evaluated higher success of training group from Jablonec nad Nisou.

Key words: fitness, sports performance, cross-country skiing